

# HEARTLINE PROGRAM: Heart Consciousness



Expand Your Capacity to Love and Trust

*2019 Website Program Description*

# To love and accept others deeply, you must first first develop love and acceptance for yourself.

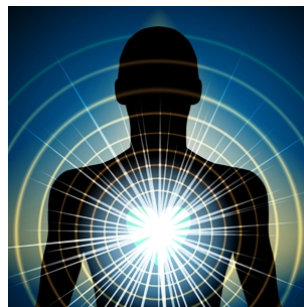
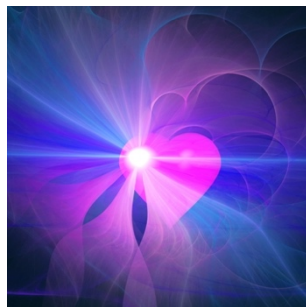
Join us for a 5-day/6-night journey into Heart Consciousness to explore your greater capacity for joy, love, and trust. TMI's *Heartline* program gently guides you through the gateway into a greater capacity to live from the heart. Using the Hemi-Sync® sound frequencies of Focus 18, *Heartline* weaves powerful audio-guidance technology and techniques to support you in exploring your awareness of self while creating space for emotional healing.

**I AM READY TO EXPLORE!**

You have the ability to generate love and send it out consciously to the world:

- Access Greater Depths of Your Being
- Open to Greater Self Love and Self Acceptance
- Facilitate Emotional Healing
- Experience Gratitude Flowing Within Your Body
- Go Beyond Your Limitations and Transform Your Beliefs

The heart is the source of love in our being.  
Fill the world with more love!



# Come Have a Near Life Experience. Reacquaint Yourself with Your Feelings and Remember Who You Are.

*Heartline* is an advanced program open to graduates of *Gateway Voyage*®. *Heartline* brings greater awareness of compassion for self and others. *Heartline* is offered only twice this year. **We highly recommend reserving your space in advance.**

## Trainer and Program Developer:



Penny Holmes, is the stepdaughter of founder Robert Monroe, developed *Heartline* in 1995 and has led this transformational program for over 20 years. Penny has been deeply involved in supporting thousands of program participants in exploring, understanding, and using expanded states of consciousness. She is a graduate of the Energy Mastery School in Europe, the Hoffman Quadrinity and the Whitewinds Institute of Energy Medicine. She has also completed in-depth studies in Shamanism, Rosicrucian teachings, Earth Energy, Sacred Geometry and Biogeometry. In addition to being exceptionally insightful, Penny Holmes is best known for her dry sense of humor.

## Your Facility for This Exploration: The Monroe Institute



TMI is the premier experiential education center for exploring expanded states of consciousness. Tens of thousands of people have attended our residential programs. People from all walks of life including doctors, engineers, healers, therapists, clergy, homemakers, artists and many more have come to TMI looking to expand consciousness and discover answers to lifelong questions.

## Other Participants' Experiences During the Past 20 Years Include:

- A deeper appreciation for life
- Greater capacity for joy, love, and trust
- Feeling whole and balanced
- Gaining a profound inner wisdom
- A deeper understanding of oneself

**I AM READY TO EXPLORE!**



**Heartline Empowers You to Connect to Heart Consciousness, Transcend Limiting Beliefs, and Move Into a Place of Self Love and Acceptance. Participants Expressed it These Ways:**

*"Heartline is a very necessary program for all humankind! I wanted to shift my pattern of negativity to one of optimism and love - Heartline makes it happen" - Peg M.*

*"I want to live! That's what I felt after a week at The Monroe Institute attending the Heartline program. Before Heartline, I had been emotionally crushed over the death of my husband . . . The week was full of joy and laughter. I clearly needed the laughter and joy for my heart healing. Heartline changed my life. The tools gained will guide me into extraordinary future adventures in this life, and beyond." ~ Leslie R.*

*"The Heartline program did it for me. It was one of those rare programs that changed the direction of my life. I am extremely grateful for the experience." ~ Mike G.*



*"One of the exercises in the Heartline program showed me what unconditional love felt like for the first time in my life along with giving me permission to forgive myself for not being perfect."  
~ M.J.M.*

*"My whole life has changed with everything I learned at TMI. Thank you!" ~ Ann L.*



## Our Powerful 5-day/6-night All-inclusive Heartline Program Offers:

- Daily heart consciousness exploration facilitated by our skilled trainers
- Semi-private accommodations
- 3 delicious home-style meals a day
- Daily yoga classes
- Transportation to and from airport (see details)
- As well as access to walking/hiking trails, complimentary WiFi and massage therapy
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**Enter the Gateway of Heart Consciousness. Expand Your Capacity to Love and Trust.**

**I AM READY TO EXPLORE!**



**“Go experience for yourself.” ~ Robert Monroe**

\*Note: Every Heartline experience is unique to the individual. No one experience is like any other. Each participant will have an experience in ways consistent with their needs and beliefs.

*Hemi-Sync® is a registered trademark of Interstate Industries Inc., dba Hemi-Sync®.*